

Balanced Outcomes for Mind, Body & Spirit

February 2009

Welcome to our February Newsletter.

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Birthdays Celebrations

Many happy returns to Philip Wright & Alison Taylor who are enjoying their birthdays this month!

Important Dates to remember:

Feb 21 st Saturday	Market Day at The English Park Markets
Feb 24 th Tuesday	Belt Grading
Feb 26 th Thursday	T-Shirt Night & Voucher Prize Draw night.
March 3rd Tuesday	There will be no training on this night
March 3 – 13 th	Third Birthday celebrations week
March 3 – 13 th	Bring a Friend for free for the week!
March 10 th	Happy Third Birthday
March 14 th Saturday	Open Day & BBQ Fun Day at the Hall 11.00 – 3.00 pm
March 24 th Tuesday	Belt Grading
March 26 th Thursday	T-Shirt Night & DVD's
April 4 th Saturday	Saturday Night at the movies Family Fun Movie night to say goodbye to daylight saving!

Around the World

Welcome Chile

Choi Kwang Do has been introduced to CHILE. Mr. Daniel Alvarez Corvalán IV Dan covered to Choi Kwang Do in November. Welcome aboard sir!



A career in Choi Kwang Do around the World!

Applications are currently being sought for a Qualified Choi Kwang Do Black Belt Chief Instructor to live in South Korea and teach Choi Kwang Do and English to assist in growing the art in Grandmaster Choi's home country. Wow! what an opportunity! As Choi Kwang Do grows around the world there will continue to be opportunities for those who are committed to the principles. I personally look forward to seeing instructors who reach their black belt and become instructors take up the opportunities that will open up to them.

Choi Kwang Do International offers a comprehensive Advanced Diploma Chief Instructor Program and numerous modules to assist Instructors to advance and develop their skills in all areas: including biomechanics, anatomy, marketing and school management to name a few! So anyone considering a career in Health & Wellness – it is right here!

Choi Kwang Do Pledges

With the new school year in the process of re-commencing, families are busy re-adjusting back into the all important routines, children off to school, homework, outside school activities, meeting new teachers etc.. Now is a good time to refresh with the pledges of Choi Kwang Do. These pledges are read out at the beginning of each CKD class and students are expected to know these well. I have found over the years the more that students live by these pledges through all aspects of their lives, the better they will train, the more focused they will become and they will improve themselves by setting goals and achieving them.

Junior Pledge

To always do my best and never give up

To obey my parents and teachers

To tell the truth and honor my word

To always be polite

To never misuse what I learn in class

Fundraising for SPELD

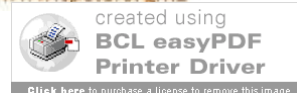
For the months of February, March & April our T-Shirt training nights proceeds will be donated to SPELD. I am pleased that we are able to be able to assist SPELD. Learning challenges affect every corner of our society and are often overlooked – causing more complex issues during adolescence and adulthood.

Our first fundraising night is on Thursday Feb 26th.



SPELD provides assistance to people of all ages with learning problems, including dyslexia, dyscalculia, dyspraxia, aphasia, attention deficits (ADD and ADHD) and various degrees of autism.

www.speld.org.nz



All new members who join the school before Feb 28th will get One months training for free!

March Birthday Celebrations

The school officially commenced operations in March 2006. From this year on we are going to celebrate this important occasion!- March 10th.
March 3 – 13 is the celebration week, during this time students can bring along a friend/s and they can train for **free for the week!**



Open Day

To cap off our birthday week we are holding an open Day at the Hall:

Saturday March 14th – BBQ Family Fun Day 11.00 – 3.00pm

There will be displays, dvd's, and we will be inviting sponsors and organizations that we work with and fundraise for. All students will need to attend – we will be putting together some demonstrations during the coming weeks. Bring as many friends as you wish!

There will be an entry fee of \$2 per head – all proceeds from the day will be donated to SPELD.

Daylight Saving Family Movie Night

April 4th – Saturday 5.30 pm

PLEASE MARK THIS IN YOUR DIARY

Free Classes Vouchers


These vouchers are available for all students to give out to friends who wish to come along and give Choi a go. Each voucher is numbered and your name recorded. When your friend brings in the voucher – you go in the draw to win prizes!!

Next prize draw is on Feb 26th – Movie Passes & Pizza vouchers up for grabs!

See Ms Cochrane or myself for the vouchers


2 FREE SELF DEFENCE LESSONS

This voucher entitles one person to **two free 60 minute Choi Kwang Do Self Defence** classes at the Christchurch School. To redeem your two free classes simply call in to the hall during the following times:
Every Tuesday & Thursday 4.20 pm - 7.30pm
Ph 0800 581481



Christchurch Choi Kwang Do
Balanced Outcomes for Body, Mind & Spirit

St Albans Uniting Church Hall
Berwick St, St Albans


We are here

See you at your next training class

Pil Suhng

Mark Palmer

